



**RELAY  
FOR LIFE**

**RELAIS  
POUR LA VIE**



Canadian  
Cancer  
Society

Société  
canadienne  
du cancer

**12 Hours**  
to make a difference



**CELEBRATE**

the lives of those who have had cancer



**REMEMBER**  
loved ones and their battle against cancer

photo credit:  
Feschuk Photography

**FIGHT BACK**

against a disease that takes too many



March 2014

Dear School Administrators

Recess For Life brings the Canadian Cancer Society *Relay For Life* to your elementary/middle/high school, inspiring a new generation of cancer fighting super hero's. Our goal is to educate teachers, students and their families, about cancer awareness, and provide an opportunity to join the FIGHT AGAINST CANCER, while incorporating fun and entertaining activities to reinforce learning.

Schools can participate in Recess for Life in either the week of May 5-9 or 12 -16, 2014. Schools which participate will have a Recess Coach who will offer assistance throughout the campaign by providing materials, suggesting activities, and supporting your school team in the following areas:

- **Education:** Tools and materials provided will educate students about what causes cancer and the steps they can take to reduce their chances of getting cancer. Specific topics include: nutrition, making health lifestyle choices, sun safety, and tobacco prevention.
- **Physical Activity:** Through the encouragement of daily physical activity as well as participation in the Mini-Relay and/or the Relay for Life event, students will learn the benefits of leading a healthy and active lifestyle.
- **Fundraising:** There are many Recess for Life fundraising ideas which your school can choose from and are listed on the Fundraising Ideas Sheet. Schools also have the opportunity to be creative and develop their own idea.
- **Mini-Relay:** Schools can end their Recess For Life efforts by hosting a Mini-Relay in their school. A Mini-Relay can be held during recess or at a school assembly and can be of any duration or distance.

Schools are free to implement as many or as few Recess For Life initiatives as they choose. This flexibility provides your school the opportunity to choose its priorities and showcase the unique qualities their community.

In addition to the topics listed above Recess for Life can provide additional benefits for everyone:

- setting and achieving personal and school goals
- working as part of a team to reach a common goal
- acknowledging the significance of one small act of kindness and compassion
- initiating a passion for philanthropy
- supporting those in need, in your community

Following your Recess For Life activities, schools can continue the fight and register a team in the June 13, 2014 Lethbridge Relay for Life. Funds raised through Recess For Life event will follow the school team and count towards the school's Relay for Life team FUNdraising total. The School can participate in the Main Event lasting 12 hours or if there are students on the team there is an option to take part in the school category of the Relay for Life which involves a 3 – 4 hour commitment.

[relayforlife.ca](http://relayforlife.ca)

celebrate. remember. fight back



every 3 minutes another Canadian is faced with fighting cancer



photo credit: Edward Allen

# CANCER

is the number one cause of premature death in Canada.



photo credit: Sean Mascaluk



To encourage the continued participation of school faculty, students, and their families at this years Lethbridge Relay For Life, we plan on:

- Featuring each participating school in our Opening Ceremony with pictures from the Recess for Life event held at the school, utilizing our 8x14 LED Screen.
- Lining our track with luminaries decorated by students from schools participating in Relay Recess Luminary Decoration Contests. Top submissions will be featured on our main stage

Funds raised through Recess For Life benefit the 2014 Lethbridge Relay For Life, which supports the Mission of the Canadian Cancer Society, "to eradicate cancer, and enhance the quality of life for those living with cancer". In 2013, over 1000 individuals from the Lethbridge joined together to raise \$249,635.

The Canadian Cancer Society is the best partner in the fight against cancer because we fight all 200+ types of cancer.

Enrol in Recess for Life to have your school join the FIGHT AGAINST CANCER!! Take your first step today by contacting me, Recess For Life Coach - Cindy Ayukawa, for more information at 403-382-1641 or by email to [Lethbridge.RelayForLife@Cancer.ab.ca](mailto:Lethbridge.RelayForLife@Cancer.ab.ca)

Sincerely,

*Cindy Ayukawa*  
 Recess For Life School Coach  
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 Email: Lethbridge.RelayForLife@Cancer.ab.ca  
 Fax: 403-327-5883



# RECESS FOR LIFE!

GET ACTIVE IN THE FIGHT  
AGAINST CANCER - START THE  
RIPPLE EFFECT IN YOUR SCHOOL!



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## Recess for Life

Sign-up today to take the first step in joining the  
**FIGHT AGAINST CANCER!**

### Step One – Commit

Select a week to run your Recess For Life campaign at your school, either May 5-9 or 12 -16, 2014. Contact and register with *Recess For Life School Coach* Cindy Ayukawa at 403-382-1641 or email [Lethbridge.RelayForLife@Cancer.ab.ca](mailto:Lethbridge.RelayForLife@Cancer.ab.ca).

### Step Two – Set Goals

Determine your desired outcome for the school with this program. If education and physical activity is your goal, ensure you have your Recess For Life coach provide you with available tools and ideas.

If fundraising is the objective, ensure that a challenging, but attainable, fundraising goal is set with your faculty and students. Select a fundraising activity which will motivate everyone, is fun, as well as creates a clear target to strive for!

### Step Three – Create the Challenge

Create fun friendly challenge in the school using incentives like extended recess or plan a field day to motivate students. Be innovative and create a challenge unique for your school and community. For fundraising challenges/ideas, refer to our FUNdraising Ideas Sheet to see what you can do!

With your goals and challenges set, your school is ready for Recess For Life!! At the end of your chosen week, wrap up your activities with a Mini-Relay. Mini-Relays can be as short or as long as you choose, but can leave a lasting impact on everyone who participates. Your Recess for Life School Coach would be more than happy to help you plan, prepare and implement your Mini-Relay.

### Bonus Step –Join the Relay For Life

If anyone from your school wants to continue the fight beyond your school's Recess For Life campaign, consider entering the school team into the Lethbridge Relay for Life on June 13, 2014.

- Teams average 10-15 members, and can be composed of students, parents, teachers, staff and community members
- Funds raised during your school Recess For Life can count towards your teams FUNdraising total.
- Students can decorate the luminaries which they sell during Recess For Life. These luminaries will be used at the Lethbridge Relay for Life. The best decorated luminaries will be placed main stage

If you have any questions regarding the Recess for Life or the Lethbridge Relay for Life, please don't hesitate to contact me.

Cindy Ayukawa

*Recess For Life School Coach*

Phone: 403-382-1641

Direct Email: [csa.63@hotmail.ca](mailto:csa.63@hotmail.ca)

Email: [Lethbridge.RelayForLife@Cancer.ab.ca](mailto:Lethbridge.RelayForLife@Cancer.ab.ca)

Fax: 403-327-5883

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